

Meeting Time for All Hikes: 7am Cost: T\$50 / Hiker (transport not included) plus \$20 per vehicle

MONTH	DATE	DESTINATION	ASSEMBLY POINT
February	25 <sup>th</sup>	Macqueripe Basin	Outside Pier 1
March	11 <sup>th</sup>	Habio Falls	Outside St. Joseph Police Station, Eastern Main Road
	25 <sup>th</sup>	Mermaid Pools	Arima Hospital (Carpark)
April	8 <sup>th</sup>	Manuelot Waterfall	Arima Hospital (Carpark)
	29 <sup>th</sup>	Mystery Pool	Arima Hospital (Carpark)
May	13 <sup>th</sup>	Angel Falls	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
	27 <sup>th</sup>	Brasso Seco to Paria	Arima Hospital (Carpark)
June	10 <sup>th</sup>	Matelot Waterfall	Arima Hospital (Carpark)
	24 <sup>th</sup>	Black Pool and Rincon	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
July	8 <sup>th</sup>	Balandra Basin	Arima Hospital (Carpark)
	22 <sup>nd</sup>	Turure Cascades	Arima Hospital (Carpark)
August	5 <sup>th</sup>	Shark River Exploration	Arima Hospital (Carpark)
	19 <sup>th</sup>	Rampanalgas Waterfall	Arima Hospital (Carpark)
September	2 <sup>nd</sup>	Yarra River Exploration	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
	23 <sup>rd</sup>	L'eau Michel Mud Volcano and Beach <b>Cost: \$100 per person plus \$20/vehicle</b>	Opposite UTT San Fernando (Tarouba Link Road)
October	7 <sup>th</sup>	Madamas Waterfall	Arima Hospital (Carpark)
	21 <sup>st</sup>	Aripo Basin	Arima Hospital (Carpark)
November	11 <sup>th</sup>	Guanapo Jump Off	Arima Hospital (Carpark)
	18 <sup>th</sup>	Cumaca River	Arima Hospital (Carpark)
December	<b>SEASONS GREETINGS AND MERRY CHRISTMAS TO ALL!</b>		

*SEEK TO CONQUER THE MOUNTAINS AND VALLEYS THAT SURROUND US.*

*ARE YOU READY?*

For Info Call: **Laurence aka Snake Man** @ 399 1135; 758 0368

Web: [www.hikeseekers.com](http://www.hikeseekers.com)

Facebook: [www.facebook.com/hikeseekers](http://www.facebook.com/hikeseekers)

Email: [hikeseekers@hotmail.com](mailto:hikeseekers@hotmail.com)

Private Tours: Call for Information



**HEALTH / SAFETY:** Hiking can be a very strenuous exercise. You are advised to be certain of your medical condition before attempting any hikes.

**CLOTHING:** Wear comfortable, loose fitting clothes (long pants preferably nylon track pants and a t-shirt) and swimwear along with comfortable hiking shoes/sneakers and socks. Pack an extra change of dry clothing for your return home: towel, top, pants, underwear, footwear.

**WHAT TO TAKE WITH YOU:**

- Life jacket if you own one
- A proper backpack
- Sufficient water supply
- High energy foods (e.g. protein bars, granola bars, sandwiches, salt prunes, chocolate, glucose powder, hydration salts)
- First aid kit especially any personal medication
- 25 feet of rope
- Reliable knife
- Bright weather resistant headlight or flashlight with extra batteries
- Cutlass secured in proper case.

**HEALTH AND SAFETY GUIDELINES (Your safety first starts with you):**

- All hikers **must** complete and sign a Hike Seekers Registration and Disclaimer Form and submit to a Hike Leader before departing the meeting point.
- All hikers **must** cooperate with all instructions given by the Hike Leaders at all times.
- If a hiker is unclear of any instructions or how to operate any safety equipment necessary, he/she must notify the Hike Leader immediately.
- Do not wander off from the group; if you must stop, notify a Hike Leader immediately
- Do not attempt to pass the Hike Leader leading the group.
- Do not use or swing a cutlass amongst others to avoid injury. Keep sharp objects holstered and use only as necessary and with consent/guidance of Hike Leader.
- Respect the environment, keep it clean!
- Have fun!

**NOTES:** Please keep in touch with us via telephone or email for more information and for any updates. Hikes are graded in a flexible standard that only the individual, as he/she experiences each different grade of hike, can assess for themselves, according to their own capabilities and fitness levels.

Depending on the destination and route, some hikes may involve swimming and/or rock climbing or rappelling using rope. You should contact a Group Official for further details on any hike.

Hike Leaders reserve the right to cancel hikes and/or make changes to destinations if necessary.

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